



## *Discover your raleigh parks and recreation Department*

### **Reasons Kids Participate in Sports**

- To have fun
- To improve my skills
- To stay in shape
- To do something I'm good at
- For the excitement of competition
- To get exercise
- To be on a team
- For the challenge of competition
- To learn new skills
- To win

### **Reasons Kids Stop Participating in Sports**

- I lost interest
- I was not having fun
- It took too much time
- Coach was a poor teacher
- Too much pressure (worry)
- Wanted a non-sport activity
- I was tired of it
- Needed more study time
- Coach played favorites
- Sport was boring
- Over-emphasis on winning